COVID-19: Discharge advice for children with possible or confirmed COVID-19 infection

This leaflet will be provided by the clinical team to the family of children, with possible or confirmed COVID-19, on their discharge from hospital.
Discharge advice for children with possible or confirmed COVID-19 infection

If you do not have access to the internet at home, please ask the staff to print this leaflet out for you

What is COVID-19?
COVID-19 is an illness caused by a new type of coronavirus. Symptoms of COVID-19 vary and can range from a mild cold or flu-like symptoms to more serious illness including pneumonia. The majority of people will only have mild symptoms and will fully recover.

Does my child have COVID-19?
If your child has not needed to stay in hospital, they may have not been tested. You should follow the advice on this leaflet if staff told you your child's symptoms could be COVID-19. Even without a positive COVID-19 test.

If they have been tested in an assessment area or when admitted into hospital, make sure you ask the staff for the result before you leave. If the result is not yet available, you should ask the staff how you will be informed of the result.

Why is my child being sent home?
Your child's clinical assessment has determined that they can complete their recovery from their current illness at home. Staff will discuss the safest way to get you and your child home.

When you get home, it is essential that you practice 'household isolation'. This is to help your child recover from their illness and limit the spread of the infection. The following advice on NHS inform (www.nhsinform.scot) explains the measures you must take:

How do I manage my child’s symptoms at home?

The following advice sheets on NHS inform will help you manage your child’s symptoms:

- Caring for a cough (https://bit.ly/3aE7zFG)
- Check your baby’s fever symptoms (https://bit.ly/2yAnxCu)

What if my child gets worse when I get home?

The majority of children with COVID-19 will gradually get better at home and make a full recovery.

If you are worried about a baby or child:

- Call NHS 24 on 111 day or night, tell them your child has been assessed as having COVID-19 and describe the symptoms, particularly if:
  - they start breathing very fast
  - they are very thirsty and pass less urine than normal
  - they are not feeding or eating (if under 5 years old)
  - they keep vomiting
  - if they start to get a very high temperature again
  - their symptoms haven’t improved after 7 days
    - Cough by itself can last for more than 7 days. As long as the cough is not getting worse and your child’s other symptoms have improved you do not need to seek extra help.

- If they seem very unwell, are getting worse, or you think there is something seriously wrong, call 999 particularly if your child:
  - is short of breath at rest
  - lips and tongue turn blue
  - skin is mottled, pale or discoloured
  - has a ‘fit’ or convulsion
  - becomes lethargic or difficult to wake
  - is abnormally cold to touch

Do not delay getting help if worried. Trust your instincts.

Will my child's GP practice or other care provider know that they have COVID-19?
The hospital will update your GP to let them know that your child has been assessed for, or admitted with, COVID-19. You do not need to phone your GP to let them know. You should phone other care providers (such as nursery or home care) to let them know.

**Will my child get better?**

The best thing you can do to support your child’s recovery is follow the advice in this leaflet and on NHS Inform. Do seek help if you are worried.

End of leaflet
Version History

<table>
<thead>
<tr>
<th>Version</th>
<th>Date</th>
<th>Summary of changes</th>
</tr>
</thead>
<tbody>
<tr>
<td>V1.0</td>
<td>24/04/2020</td>
<td>As approved by Professional Advisory Group</td>
</tr>
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Further Information
For more information on COVID-19 please see the COVID-19 guidance section of our website, [www.gov.scot/coronavirus](http://www.gov.scot/coronavirus)

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